

**SECRET**

IAGPA-F-SD

19 July 1983

MEMORANDUM FOR RECORD

SUBJECT: Advanced Individual Training for CENTER LANE Personnel(U)

1. (S/CL-3/NOFORN) The first phase of advanced training for CENTER LANE personnel began in March 1982, with in-house application of the Discovery Series, produced by the Monroe Institute of Applied Sciences (MIAS), Route 1, Box 175, Faber, VA 22938. The Discovery Series training involved the use of specially designed, commercially available audio tapes which produced enhanced levels of mental concentration (see Incl 1).
2. (S/CL-3/NOFORN) The second phase of training was initiated in July 1982, with the Gateway Program, also from MIAS. The Gateway Program (see Incl 2) involved sending project personnel for resident training at MIAS. Project personnel were scheduled for attendance along with members of the public. This phase of advanced training further developed the ability of project personnel to achieve enhanced levels of mental concentration, improved their target acquisition, and increased target resolution during operational missions.
3. (S/CL-3/NOFORN) The next phase of advanced training for CENTER LANE personnel will also involve the educational facilities of MIAS. It is proposed that Robert A. Monroe, Founder and Executive Director of MIAS, be paid as a consultant to train CENTER LANE personnel in the use of the patented Hemisync process developed by Monroe. The purpose of this training is to enhance the identified ability of selected CENTER LANE source personnel to both acquire and describe information of intelligence interest unavailable by any other collection method. Training will be specifically tailored and designed to meet the requirements of this office and extend beyond the confines of the public program currently offered at MIAS. Training is expected to last ten weeks and will include:
  - a. Instruction in the use and application of nonintrusive bio-monitoring equipment employed by the consultant.
  - b. Instruction in and the development of Hemisync tapes, custom made for project sources.
  - c. Instruction in monitoring techniques used during the Hemisync process.

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d. Instruction in the use of environmentally controlled areas during the Hemisync process.

e. Instruction in the application and interpretation of information reported through the use of the Hemisync process.

The consultant, Robert A. Monroe, will provide the following in support of this training:

a. Custom made Hemisync tapes, developed during training, for exclusive use of CENTER LANE personnel. These tapes will be designed to enhance the demonstrated perceptual abilities of source personnel and will become the property of this office.

b. Training facilities to include all equipment and supplies required.

c. Food and lodging for the project personnel who will be trained.

4. (C/NOFORN) Funding for this next phase of advanced training will be from ICF in the amount of \$24,400. This amount represents the total cost of the training for two project personnel excluding transportation which will be by government automobile. Funds for this training are not otherwise available. Use of ICF precludes the unauthorized disclosure of information classified SECRET/CL-4/NOFORN under the CENTER LANE Special Access Program. Funds are available.

5. (U) This action is not in contravention with AR 381-10.

6. (U) Robert A. Monroe was granted a SECRET security clearance on 11 September 1980, by HQ, USAINSCOM. His DA Form 873 is maintained by this office. He has executed a Consultant Security Agreement and has been a consultant to this office since 1978.

3 Incl

1. as  
2. as

3. Consultant Personal  
Services Agreement

*Frederick H. Atwater*

FREDERICK H. ATWATER

Act'g CENTER LANE Project Manager

CLASSIFIED BY: Cdr, INSCOM

DECL: OADR

**CENTER LANE**

**SECRET**

NOT RELEASABLE TO FOREIGN NATIONALS

# RE/THE DISCOVERY PROGRAM

A series of training exercises on six stereo cassette tapes with detailed Guidance Manual contained in a special DISCOVERY book-album.

This is not merely a set of lectures. Instead, it is a carefully designed sequential program of actual methods and techniques that can be practiced and achieved in the home environment.

## PURPOSE

The DISCOVERY Program provides the serious explorer of human mind potentials with a variety of tools that can be used in his quest. When learned and applied, these give the individual new awareness, knowledge, and understanding of his own self. They help one to perceive and control levels of his own consciousness here-to-fore unavailable and/or unknown to him. They may open other realities and energy systems where new information and experiences may be obtained. They can enhance measurably his creative processes and abilities.

## DISCUSSION

The DISCOVERY training series is the product of a twenty-year research effort by the staff of the Monroe Institute of Applied Sciences. Many of the techniques employed were originated by Robert Monroe, Founder and Executive Director of the Institute. Mr. Monroe is the author of the book JOURNEYS OUT OF THE BODY, now a famous classic in the field and published in six languages world-wide.

The DISCOVERY training system employs a unique and exclusive means to synchronize the hemispheric activity of the human brain. This is achieved by a pattern of sound waves which encourage a Frequency-Following Response (FFR) in brain electrical activity. Such sound patterns are varied in frequency to obtain desired states of consciousness. The process is then applied binaurally (different and independent signals in each ear) wherein the FFR signal becomes a "beat frequency",\* which aids in the brain wave synchronization of the hemispheres in both frequency and amplitude.

Very little is known as to the occurrence of such synchronized states in typical human consciousness. A study at the Menninger Foundation indicated the ability of an experienced Zen Master to induce it at will, which may suggest it is more prevalent than considered originally. Over the past six years, the Monroe Institute has developed and tested specific "hemi-sync" applications with several thousand participants through its Gateway Program. As a result, it is the leader in this newly-emerging field of consciousness research.

The DISCOVERY Program utilizes fully this experience. It is in essence a modification of the basic Gateway techniques for in-home training, where the factor of repetition-until-result can be maximized. Rarely an "instant" success, it is rarely a "failure" when repeated consistently.

## SPECIFICS

DISCOVERY (\$95.00 including postage)

Voiced by Robert Monroe

(To be used with stereo cassette player and headphones)

\*"Auditory Beats in the Brain", "SCIENTIFIC AMERICAN", September, 1973

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THE GATEWAY VOYAGE PROGRAM

PURPOSE: Gateway is dedicated to the development and exploration of human consciousness. It is a system of exercises designed to aid the individual in the improvement of his own consciousness, so that he may know and understand better his higher self, that he may learn and experience profound areas of expanded awareness, achieve and willfully control his physical body and the out-of-body state, communicate with and visit other energy structures and realities.

HISTORY: Originally the M-500 Research Project, the present Gateway Program is the result of over 3,000 test exercises involving 1,932 participants, conducted by the Institute over the past ten years. Assisting in the development of the Program have been researchers in many disciplines from various parts of the country. Reports from participants are available in other Institute Bulletins. Many indicate significant, constructive changes in life attitudes and overview.

TECHNOLOGY: The basics of the gateway training process are the Frequency Following Response (FFR) and Hemispheric Synchronization (Hemi-Sync), created in the electrical patterns of the brain by the induction of specific sound pulses both singly and binaurally into the human auditory system. Robert Monroe was granted a generic patent for this method and technique in 1975, and assigned it to the Institute. By blending and sequencing such sound pulses, it is possible to aid the individual to develop states of consciousness not ordinarily available to him. Evidence of this is shown in bilateral EEG studies which indicate the generation of high-amplitude narrow-frequency wave forms sweeping throughout the cortex in direct consequence of such audio signals.

PRACTICAL APPLICATION: The typical Gateway session consists of a series of conducted pre-recorded exercises utilizing FFR, Hemi-Sync, and vocal guidance to achieve progressive states of consciousness. These are heard through stereo headphones while in a relaxed position, under the supervision of Institute trainers and technicians. Reinforcement of feedback learning of such states is enhanced by lectures, discussions, and single interviews using standard accelerated learning techniques. Goals are achievement of Focus 3 (Basic Hemi-Sync), Focus 10 (Mind awake, body asleep), Focus 12 (Expanded awareness), Focus 15 (No-time), and Focus 21 (Other energy systems).

PARTICIPATION: The VOYAGE is open to individuals who are intellectually curious or possess latent talents and abilities, subject to acceptance by the Program Director. The only prerequisite is completion of the Gateway Home Study DISCOVERY Program which will be mailed to you upon receipt of your \$200. (non-refundable) deposit. The Voyage is conducted for seven days, from Saturday night to Saturday noon a week later, at the Institute Center in Virginia. Room, meals and one year's Sustaining Membership are included in the tuition fee of \$850.

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# M.I.A.S. BULLETIN

CPYRGHT

A COMMUNICATION FROM THE MONROE INSTITUTE OF APPLIED SCIENCES

#PR31380H

## THE HEMI-SYNC PROCESS

Perhaps the most significant mind-brain research in recent years has been in the hemispheric specialization. The consensus of several hundred pages and studies generally supports the postulates of dominant left brain functions (lineal, verbal, analytic) and those of the right brain (visual, spacial, synthesis). All concede the fact that our educational system and the fundamental values of our culture nurture heavily such left brain dominance.

Synchronous or simultaneous brain wave patterns in both hemispheres (HEMI-SYNC) apparently occurs infrequently in typical human consciousness, and then for a few seconds at the most. Usually, activity shifts from left to right hemisphere as the dominant area almost in a flickering movement according to the mental task at the moment.

By definition, hemispheric synchronization or coherence is a state of consciousness indicated by EEG forms in both hemispheres which are simultaneously equal in amplitude and frequency. Due to the rare occurrence and short duration of such consciousness, there has been little supportive instrumental measurement until recently. The best early study was conducted by Elmer and Alyce Green at the Menninger Clinic, where a subject with twenty years in Zen meditative training was tested extensively. Results showed that the subject could establish at will a hemi-sync state, consistently and over fifteen minutes in length.

Through the use of audio stimulæ to evoke an electrical frequency-following response in the brain (FFR), as developed by the Institute, and with the application of such signals in a beat-frequency mode (differential signals in each ear), research by the Institute has determined workable methods and techniques that induce hemispheric synchronization or coherence in the human brain. This has been verified and replicated consistently both at the Institute and other facilities.

Thus for the first time, consciousness as represented and/or created by the HEMI-SYNC state can be instigated, identified, and measured.

The full scope of HEMI-SYNC consciousness is yet to be determined. Very little is known of its characteristics, value or utility other than the preliminary work performed by the Institute. There is a growing belief that meditation, moments of crisis, certain mental disciplines, intense concentration, peak experiences, all represent varieties of such consciousness. Conversely, hypnosis, drug-induced states, illness, anaesthesia, and like conditions do not. Subsequent research may substantiate

such belief, now that investigative tools are available.

The Institute has reached the following conclusions in relation to the propagation and delineation of HEMI-SYNC consciousness, based upon both anecdotal and bio-monitoring consensus from 4,823 experiments among 1,280 volunteer participants over a five year period.

(1) The characteristics of such consciousness may be varied directly in accordance with the signal or signals introduced.

(2) The re-introduction of such signal patterns evoke a replication of the original characteristics.

(3) Specific states of HEMI-SYNC consciousness can be learned and re-established without the original stimulus much as the bio-feedback process.

(4) HEMI-SYNC audio stimulus is not all-pervasive. It can be rejected easily either subjectively or objectively.

(5) No significant or lasting contra-indicative effects have been reported among the participants in the experimental series.

(6) Based upon the application of specific single and multiple audio patterns, the following characteristics of HEMI-SYNC consciousness have been noted

- (A) Deep mental and physical relaxation.
- (B) Sense of euphoria, extending beyond stimulus.
- (C) Single-pointed focus of attention.
- (D) Increased utilization of memory patterns, at all levels.
- (E) Higher suggestibility, but with greater acceptance or rejection.
- (F) Holistic problem solving and decision-making.
- (G) Changes in overview, less restrictive, significantly broader in scope.
- (H) Major increase in creativity, ideas, with attendant application.
- (I) Measurable changes in muscular co-ordination.
- (J) Permanent memory addition, by rote and self-synthesized experience.

\* \* \* \* \*

The Institute is continuing to operate experimental programs in the evaluation of effects produced by other audio patterns yet to be investigated. Formal papers of such effort will be presented to appropriate groups at a future date.